

2026

Family Advocacy Program

July

JUL. 7**9:30 - 11 A.M.****Baby & Me Yoga**

Yoga with a focus on postpartum recovery but also includes relaxation and bonding techniques suitable for all caregivers.

ACS Family Room, Bldg. 2915,
Panzer Kaserne

JUL. 8**11:30 A.M. - 12:30 P.M.****Baby Bumps
Pregnancy Support
Group**

Join NPSP and peers to discuss topics related to the transition to parenthood, general pregnancy questions, and helping empower your birth experience.

ACS Family Room, Bldg. 2915,
Panzer Kaserne

JUL. 9**5:30 - 6:30 P.M.****EFMP
Sensory Reading**

Join us as we read the book "When Things Get Too Loud" followed by a fun sensory activity.

ACS Family Room, Bldg. 2915,
Panzer Kaserne

JUL. 10**10:30 A.M. - 12 P.M.****Little's & Lattes**

Bring your coffee and your kiddo to connect with our New Parent Support Team! Families can stop by, ask questions, or socialize while the little's play.

ACS Family Room, Bldg. 2915,
Panzer Kaserne

JUL. 14**10:30 A.M. - 12 P.M.****Tummy Time**

Help baby engage in play and get stronger; connect with others. Use music to promote visual, motor, and sensory skills for newborns to 1 year.

ACS Family Room, Bldg. 2915,
Panzer Kaserne

JUL. 16**9:30 - 10:30 A.M.****EFMP Sensory
Play Group**

This group provides a space for children ages 2-4 and their parents to play together encouraging exploration, problem-solving, and creativity at our sensory activity stations.

ACS Family Room, Bldg. 2915,
Panzer Kaserne

JUL. 27**10:30 A.M. - 12 P.M.****Baby Bonding
& Body Work**

A class for caregivers and babies to learn bonding and connecting with your child through bodywork and massage. Provided in collaboration with EDIS therapists.

ACS Family Room, Bldg. 2915,
Panzer Kaserne

VIRTUAL**APPOINTMENTS ONLY****Baby Boot Camp***

Learn breastfeeding basics, labor, and birthing comfort measures, what to expect giving birth in Germany and baby care basics, all in one class.

*Registration Required



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